

**WHAT IS CLAIMED IS**

1. A method for producing a saturated fatty acid and an unsaturated fatty acid, which comprises adding and mixing a polyglycerol ester of a fatty acid to a raw fatty acids mixture, cooling the resultant mixture to deposit crystals, and fractionating the saturated fatty acid and the unsaturated fatty acid, wherein a cooling procedure is performed at a cooling rate of 4°C/h or less when a supersaturation ratio is 60 % or more and said cooling rate is varied during the cooling.
2. The production method according to claim 1, wherein the cooling rate is reduced compared to the previous rate when a supersaturation ratio becomes 60 % or more.
3. The production method according to claim 1 or 2, wherein the cooling is performed while stirring.
4. A method for producing a glyceride by reacting an unsaturated fatty acid obtained by fractionating by means of the production method according to any one of claims 1 to 3 with glycerol in the presence of lipase.